



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09086, Custard-apple, (bullock's-heart), raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	71.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	101	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	423	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	1.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	1.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	25.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	2.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1999
Minerals													
Calcium, Ca	mg	30	9	6.209	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.71	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	18	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	21	7	2.722	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	382	4	52.019	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	4	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamins													
Vitamin C, total ascorbic acid	mg	19.2	15	2.747	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.221	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Lipids													
Fatty acids, total saturated	g	0.231	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1999

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Flavonoids													
Flavan-3-ols													
(+)-Catechin ²	mg	0.6	--	0	0.58	0.58	--	--	--	--	--	--	--
(-)-Epigallocatechin ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ²	mg	5.6	--	0	5.63	5.63	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ²	mg	0.0	--	0	0.04	0.04	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ¹	mg	14.2	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ¹	mg	4.5	--	0	0	0	--	--	--	--	--	--	--

¹de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages, 2000 J. Agric. Food Chem. 48 pp.5331-5337

²de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages., 2000 J. Agric. Food Chem. 48 pp.5331-5337